

THE
IRISH
SPA W;

BEING
A Short Discourse on
MINERAL WATERS
in general.

WITH
A Way of Improving by Art weakly
impregnated Mineral Waters.

AND
A brief Account of the MINERAL
WATERS at CHAPPEL-IZOD
near Dublin.

With Directions for the Taking of Mine-
ral Waters, either strong, weak, by
themselves, or with Additions.

By *P. Bellon*, Dr. in Physick.

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1815

29th

A Short History of the

Way of Improvement

WATER

W. P. ...

W. P. ...

W. P. ...

W. P. ...

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TO THE
ILLUSTRIOUS PRINCE
JAMES
Duke of ORMOND,
Lord Lieutenant
OF
IRELAND.

May it please Your Grace,
SPrings tend not more
naturally unto their cen-
ter, then this Discourse
to Your Grace, through
whose courteous Invitation

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I have left my native Soil,
to end the remainder of my
days, in the Service of my
most Gracious King, in this
his Kingdom, under Your
Graces Favour and Prote-
ction. This Nation, my
Lord, which is so sensible in
its whole and in each indi-
vidual parts of those vast
and innumerable Benefits
and Advantages which it
has receiv'd from the be-
nign'd influences of your
Graces wise, prudent, and
most politick Government,
that in a due sense of Grati-
tude

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tude sends up its daily
Prayers to Heaven for Your
Graces Preservation.

That I might not remain
useless during my stay in this
City, till Your Grace were
pleas'd to appoint me a fix
station, where I might be
most serviceable in my capa-
city, I thought it convenient
to employ my hours of lei-
sure in some particular,
which might tend to a ge-
neral good.

The Crudities of the Ri-
ver

ver Waters in these parts might have been a proper Theme to insist upon: but it requiring peradventure a further Scrutiny then the spare time which I may enjoy here would permit me to enter upon: I diverted my thoughts on a Spring of Mineral Waters, at a small distance from this place, the Subject of this Discourse.

Be pleased, my Lord, to protect, these few Sheets under Your Graces Favour, together with their Subject
the

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the Spring, by encouraging the search after some other Head, so much elevated above this, as may place it beyond the encroachment of common Waters on its Privileges; that amongst all the wonderful goods and advantages which this Nation has receiv'd at Your Graces Hands, there may be added Your Graces miraculous production of a Spring of Health, from the midst of insalubrious Waters.

If

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*If in this first attempt,
I am so happy as to please
Your Grace, I have my
end, which shall never pre-
sume beyond the bounds of
being*

(May it please Your Grace)

Your Grace's

**Most obliged, most humble,
most obedient Servant,**

P. Belton.

**T H E
I R I S H
S P A W;**

With a short Discourse
on Mineral Waters
in general, &c.

HAVING been informed
that neer unto this
City there is a Spring
of Mineral Waters, of which
divers persons have drank.
B with

with good success, as to the Cure of some particular Diseases; I thought this a fit Subject on which to entertain my thoughts during my stay in this City, in order to discover its particular Virtues and Use, by the anatomising of its parts, and by a Chymical examination of those Metals & Minerals, from whence it derived its Virtues.

In this design I transported my self upon the adjacent places to this Spring, and there examin'd the Soil, Situation, distance from fresh and salt Waters, its Sediment in the Spring, the most proximate Hills. Next I considered the Water it self, its Colour

lour, Odour, Taſt, Brightneſs, Weight, and Softneſs; and what Skin, Film or Skum it did afford on the ſuperficies.

Having made ſome immediate obſervations on all theſe circumſtantial accidents, I applied my ſelf unto ſuch perſons as might give me, what further obſervations they could, as to the Strength of the Water, when it was firſt found, the cauſes and proportions of its Decay, and its Effects, both internal and external.

To this I added thoſe obſervations which I made during the divers tryals and examinations, which are uſually

performed with Galls, Oak-leaves, Oaken-vessels, Allum, Spirit of Harts Horn, distill'd Vinager, Oil of Vitriol, Oil of Tartar, mixing, heating, and boyling of it with Milk, and the like; All which tryals standing good (though weak) but having no effect at all on Milk. In the next place I entred upon the more judicious and Philosophical way of examination, by Fire, after a more particular method then is common, whereby the Gass Silvester, or wild volatile Spirits are so preserv'd that Judgment may pass upon them, as well and with as much advantage as on those more gross and terrene parts, which are rendred visible, not only through

through common Distillation, but by Precipitation also. By these examens I was inform'd of the Minerals with which it was imbued, though not to that degree that I could wish, through its late mixture with common Waters.

Having found that though this Mineral Water is tinged with such Minerals as other efficacious Mineral Waters are, yet in so small a proportion as would not raise any great hopes of success in the Cure of obstinate chronical Diseases, but that like unto other weakly impregnated Mineral Waters in other parts, it would require some Stimulator, to add more virtue un-

to its weakness ; I thought it convenient to give here a short account of Mineral Waters in general, to mention the inconveniencies which usually attend weakly imbued Waters, and to offer at the means to supply those defects, and to render them not only equal to the most powerful natural Mineral Springs, but even to surpass them. Which I will endeavour to perform with the greatest brevity that I can possible, considering the large extant of this Subject ; after which I shall fall upon this particular Water, which is the Theme of my Discourse.

That there is a universal Spirit.

Spirit, or *Spiritus mundi*, which God hath established for the continuation of the Species, which Spirit gives a life to all beings, is a truth long since agreed upon by the Learned; but how, and through what conveyers, this Spirit is communicated, and distributed into every individual being, is that point unto which I would come as neer, as this Subject does require, without amplification.

Springs have been placed and appointed by a Divine Providence, in the Earth, for the same use, as is the Air, on the surface of it, to be the Vehicles by which this *universal Spirit of the World* should

should be communicated to all the parts thereof; yet with this difference, that whereas in the Air that uncontrolled Spirit acts more in its purity; in the Waters it is attracted by matter, and so becomes adherent to it.

The chief attracting matter of this Spirit, is by the Philosophers esteemed to be *Vitriol*, in which is contained that subtle acid Juice of the Earth, the sole cause of that universal Fermentation which precedes all natural productions; this its external Green and Azurine colours, its internal acidity and its magnetick property testifies; its Sulphur being

being that which attracts to it self the universal Spirit, that opens, unites, gathers and coagulates the subterraneous vapours, and forms them into Mineral and Metallick substances.

Without dispute *Venus* is most apparent in this *Mineral*; and therefore most ingeniously feigned (by those Poets that were Philosophers) to be the Principle or *Mother* of all natural production, which is manifested by its internal Redness; that generative Blood of Nature, with which she ferments all her Seeds, and of them produces such varieties of *Minerals*, *Vegetables* and *Animals*, according

ing to the nature of their respective Matrix.

This animated *Vitriol* is dissolv'd in the Waters as they pass thorough subterraneous concaves, and thence distributed throughout the whole Globe, that from thence, all things might receive their being, nurture and conservation. But as these Waters in their progress, sometime do run through the veins and over the beds of Minerals and Metals, so they are more or less impregnated with the Medicinal properties of the said Minerals, according to the time of their stay upon them, and the compactness or flexibility of their Natures, whence

whence arising to the surface of the Earth, they flow in continual streams of Health.

It was some reflections on this which gave occasion to a Philosopher to say, *Fontes definire Arduum est, cum præter aquam quam habent naturalem, & in sitam, Spiritum etiam habeant mundi, ex quo omnia producuntur cujus solius Fontes sunt delatores per universam Terram, ut hinc omnia desumant & esse suum, & alimentum, & conservationem.* It is difficult, says he, to define Springs, which (beside their natural innated Water) have the Spirit of the world also, of which all things are produced, and preserved; the conducts of
 which

which Springs are throughout the whole Earth, that from thence all things may receive their being, nurture and preservation.

By what has been said it is easily conceived that Springs are not only of a bare simple Waters, but of such as are impregnated with a Spirit of power to work wonderful effects.

This Spirit (as we have said) is mixed and incorporated into every mix, which makes it yield with more facility to that Water which is impregnated with the same Spirit; so that thereby it attracts the Virtues out of the Mine.

Minerals, and appropriates them to it self, which a simple and unspirited Water could not do, and then it may be thus defined.

A mineral Water is that which has its passages underground, through the Veins of one or more, of crude, and sometimes digested Minerals or Metals, by which, through the assistance of that acid ferment which it carries along with it, it is first insinuated into, and then impregnated with some proportion of their *Salt, Sulphur, or Mercury*, in which three, all the qualities and virtues of every mix do reside. But above all they are tinged and imbued with the

the most fix of these three substances (yet of a dissoluble nature) namely the Salt, in which is contained, according to the opinion of the learned, the most essential qualities of every compound.

Mirum est certè amoris Divini symbolum maximum, &c. It is for certain a wonderful argument of the Divine Love (tries out a Philosopher) that in all the parts of the world there should be found Springs endowed with such signal and admirable Virtues for the Cure of all Diseases. That God of Nature, who to manifest his infinite Love towards Man, has not only ordained an infinite number of
Animals

Animals, Plants, Trees, and Minerals also, not to be reckoned, for the Cure of Diseases, but moreover hath commanded the Springs to pour out continual streams of Health in all parts.

But to give the Reader a farther inspection into the Constitution of a *Mineral Water*, I must say that in the family of Minerals, some are of a more easie and yielding nature then others, the more perfect, are the more fix, and not so easie to give their tinctures, such are Metals, amongst which *Gold* and *Silver* are the most compact, and concentred within themselves, *Copper, Tinn, Lead* and
Mercury

Mercury, more yielding, and *Iron* the least locked up of the seven, by reason of its abundance of crude and undigested Sulphur, which is not of power to secure the Salt from dissolution in the bare open Air, as the rust which is so constantly annexed to unhandled Iron doth daily testify: But *Minerals* being of a less perfect existance then *Metals*; are therefore more yielding to any Menstruum or Liquor, in which they are immersed.

Now since that even from Metals may be expected a yielding tincture, full of virtue & power to cure some particular Diseases; Iron being dissolved

solved with the most ease; though not esteemed by some of so cordial a Virtue as Gold and Silver, yet endowed with divers excellent qualities, it may reasonably be expected to be proper against most Diseases proceeding from obstructions, Iron being esteemed by all Authors, without contradiction, to be the most powerful opener of all Obstructions, in what part soever settled; wherefore I do prefer that Water which is impregnated with Iron before any other.

But all Mineral Waters are not impregnated alike, some more, some less, according as they are animated with the
acid

acid ferment beforemention'd, proportionable to the yielding or compactness of the Mineral they pass over, and answerable to their stay upon them; care must be had of chusing such Waters as are most impregnated, which may be known by these following marks.

Contrary to the best quality of common Waters, which consists in their lightness, the most heavy and ponderous, the most clear, of a dark greenish Colour, of an acid and brackish Taste, of a sulphureous Smell, and which is the easiest evaporated, is the best. For its weight denotes a good proportion in it of
that

that which only gives weight to all things, namely Salts in general. Its clearness shews it free from heterogenous parts, except such as are annexed to all Waters, which in the Evaporation of them is found in the bottom of the vessel, not much unlike a slimy mudd, in looks, smell, and taste, as well as in consistency, in which (though of such a contemptible aspect) lurks the essential Salt. But how to order that Earth either before, during the Evaporations, and after, so as to extract that Salt without any detriment of its qualities, *Hic Labor, hoc Opus*. However I have found these terrestrial particles divested of the Salt, to be of a stiptick
and

and astringent nature, which could not but retard the Virtue of the essential Salt; and sometimes create new Diseases in lieu of curing those already contracted, when the Water is overcharged with them, which does frequently happen when they are drank too soon after great showers of Rain, before they are perfectly settled and clear. Its dark Colour shews its Impregnation with a Vitriolick or Martial Salt, mixed with some Sulphur, which Sulphur is also denoted by its Odour. By its activity and aptness to be evaporated is more at large manifested the considerable proportion of the said essential Salt; which by his native

native heat, joined with that of the culinary Fire, the Humidity or Flegm is therewith the easier rarified. Besides these the dark green Colour which it receives from a competency of this Vitriolick Salt of Iron, is an infallible sign of a Water apt to yield a good proportion of that essential Salt, and consequently very medicinal.

Moreover, that Water which is rough to the Palate, which at the first relish discovers some acid, that terminates into a kind of an austere Bitterness of a bituminous Odour, that dyes the Excrements black, and sometimes the Urines of a greenish Colour, of an

an easie digestion, quick conveyance through the smallest vessels, though taken in a small quantity, is to be preferred.

But a Mineral Water so qualified in all respects, is not to be found in all places, in this our age, whither through that general decay of Nature, (which in the opinion of some is very remarkable) I shall not now insist upon; but thus much I here assert, that for want of such Waters, the sick are frequently obliged to make use of such as are less impregnated, which being not powerful to cure and eradicate formed Diseases, yet are generally known, and used with

with some success in the removing of recent Obstructions, and in preparing the Body for the reception of specific Medicines, ordained by skillful Physicians, according to the nature of the Diseases. Which Waters might also be happily us'd in confirmed Diseases, were they not to be taken then in such large quantities (for want of sufficient Impregnation) to make them pass by the pressure of their own weight, from which there frequently follows an unusual extension of the Tunics of the Stomach, and an extinction of its natural heat, from which two accidents do commonly proceed Hysterical Passions, Convulsions, Cramps, Palsies,

Palsies, Apoplexies, and the like, and sometimes immediate Suffocations, which Inconveniences by taking too large quantities of weakly impregnated Waters, I shall further insist upon from these four particulars, Quantity, Quality, Time and Place.

First as to Quantity. A Gallon of Water is the usual height, to attain unto any benefit by them, though sometimes six Quarts, nay two Gallons, have been devoured, which Quantities are usually taken within the space of an hour, or two, at the most; the half of this vast quantity to be contained at once, sometimes in a Stomach which has been

been debilitated, either by the violence or duration of the morbidick matter, the tedious persistance in a fruitless course of Physick, or both; disenabled from digesting and distributing a small proportion of a good Nutriment, much more incapable of dealing with such a large quantity of a crude Liquor, so that it frequently happens that the Waters remain in the Stomach, not passing at every fourth or fifth Glass, as might be expected, and consequently not to be voyded again but by Vomit, except (as I have already said) they be pressed down by their own burden (a very dangerous thing to trust to): For when they

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chance to go off so on a sudden, it is with such an impetuous course, that the weight and quantity meeting with some obstructions in the smaller vessels and passages, thereby are caused great Inflammations in the Meseraick Veins, Kidnies, Uriteries, Bladder, &c. with so great a dilatation of the Vessels, to force it self out, that Swounding Fits, Cold Sweats, and sometimes, without a singular suppliment of Nature, sudden Death has followed, notwithstanding the use of common Salt, carminative Seeds, mixtures of other Liquors with the Waters, taking of them in Bed, laying of warm Clothes and Down Pillows over their Stomachs, the use

use of Cream of Tartar, the heating of the Waters, and the like; which last renders them less, powerful, by the loss of their most subtle parts, which are thereby evaporated; the Waters remaining more crude and indigestible then before.

Secondly, if the Quantity is so nocent, well may the Quality. To have at once, in a weakned Stomach, the forementioned quantity of Water, in which the virtual substance doth not exceed the weight of six or eight grains, (all the rest being of a cold, raw, and undigestible nature) must needs be a wrack to our Nature, who is contented with a little.

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Thirdly,

Thirdly, the Sick are limited to such particular seasons of the year, wherein as the Proverb says, they must make Hey while the Sun shines, and frequently in the midst of their course, are impeded by some great fall of Rain, which mixing with the already too crude Waters, does instantly extinguish that small portion of Virtue which they had, and so are deprived for that time from all kind of Operation, by which accident the poor Patient is wholly disappointed of his hopes, and abandoned to the cruel tyranny of a conquering and merciless enemy.

Lastly. And here I must
except

except these Waters, near so great a place of all manner of Accommodation, as is this City of *Dublin*, as well as others so advantageously situated. I say, that there are no persons who have seen the great Inconveniencies which attend most of the places of drinking the Mineral Waters, but are already convinced of the great want of better Accommodations, I mean in reference to the poor, weak, languishing, sick Creatures, which Inconveniencies most chiefly happen by the great concourse of people where there is such a scarcity of Conveniencies. For sick persons being, at the best, fitted, not as their nice and peevish Hu-

mours would require, but as well as they can, though when in their own habitations, being transported to those cold and bleak, places, in danger of having added to their other Distempers, Colds, Coughs, Agues; in a word, exposed to all the injuries of a piercing Air, besides the stirring up of Humours, raising of Vapours, there confined into some scanty Cottage, streightned of such necessary Refreshments as are requisite for them, must of necessity prove, if well examined, more prejudicial in general, then those Mineral Waters can do good. I speak not of such whose plentiful Fortunes can render all places alike

like commodious to them, but of the generality.

Thus much as to Mineral Waters in general, and the many Inconveniencies which attend the taking of weak impregnated Waters. Now if such accidents do usually attend the use of weakly impregnated Waters, is it not a charitable act to endeavour the removing of all these fore-mentioned impediments? It is well known that this has been already done in *England* and elsewhere; and no question but that it may be also performed in this Kingdom, in supplying the Weakness of these Waters, by joining unto a small proportion of them,

the essential Salt extracted out of others more strongly impregnated Waters, of the same nature & operation with these. Whereby they will be rendred more powerful in their Operations, enabled to carry themselves through all Obstructions, and that, not by the violence of their own weight, but by gently insinuating themselves, and by their penetrating qualities, piercing through the most remote opilated and obstructed parts of the Body.

This, I humbly offer for the publick Good of this Nation, unto which I have been lately called, until I find some opportunity of being more
ser-

serviceable. Namely, an essential Vitriolick Salt of *Mars*, extracted out of Mineral Waters, so far to be prefer'd before most of Mineral Waters, as a strong rectified pure Spirit of Wine before a weak flegmatick Brandy, or a Chymical Extraction before a meer Galenick Potage. For any person that is not prepossessed with prejudicate Opinions, against the scientifick Art of Chymistry, or too much byassed with his own Interest, but will confess upon tryal that this essential Salt, in which the Virtues of the Waters reside, being first disengaged from that large proportion of Flegm, in which it lay drowned, and after

mixed with a less proportion of the same or with some other idoneous Vehicle, will thereby be rendred, more convenient and easie to be taken, and received in the Stomach, and there once received, more powerful and active both in it self, and its commixture, to operate upon the peccant Ferment, to mix with the Chyle, and to be convey'd with more facility and quick dispatch, even to the most remote Digestions.

For this essential Salt is hot, piercing, searching, opening, and driving from the center to the circumference, by which Qualities it doth powerfully resist all putrid and indigested

digested Humours, the results
 of evil Fermentations, which
 produce such a variety of Ob-
 structions, in all parts of the
 Body, by attenuating with its
 piercing heat their viscous
 and tenacious parts, which
 choak up the small passages
 of the Veins, Arteries, and
 Nerves, by which the free
 and natural Circulation of
 the natural, animal and vital
 Spirits is impeded. By its
 dissolving quality liquifying
 and mixing it self with the
 crude Humours, and by its
 dilating faculty insinuating it
 self into the most remote and
 last Digestions, there aiding
 Nature to overcome whatso-
 ever is offensive to her; nay,
 if timely taken, preventing
 all

all Obstructions, first caused by ill Digestions in the Stomach, which at such a time produces a viscous Flegm, in lieu of a laudible Chyle; for Errors in the first Digestion, are not rectified in the second or third. Thus Waters so qualified either in themselves, or through the addition and assistance of such a Salt, mix themselves with the natural ferment, aid and enable it to oppose, combat and suppress, all preternatural Fermentations, disengage the Stomach from all Crudities, cause the generation of a good Chyle, attend it to a perfect Sanquification, circulate with the Blood, and driving forth all ferossities, and other impurities

ties they are instrumental in the creation of quick and active Spirits; so that by these means they may with Justice deserve the glorious title of universal Restorers and Preservers, by cleansing, correcting and strengthening all the natural Faculties, which being vitiated are the Causes of all Diseases. And *Natura corroborata est omnium Morborum medicatrix.*

In the just Commendations of arightly impregnated Mineral Waters, I could enlarge my self at pleasure on every particular; but my intention being more to inform in the matter of fact, then to amuse with multiplicity of Notions,

I shall conclude this part of my discourse, and proceed to the other, which has respect to the ways and methods of using them both, as to the prevention and the extirpation of Diseases.

I have said that all Diseases proceed at first from a deviation of the Functions of the Stomach: If therefore any persons are sensible of sick intervals, Weakness, Oppressions, Rawness, Gnawings, Burning in the Stomach, a dog-like Appetite, or a nauseating of Food, and the like; to intercept all Diseases that would follow, let them by way of prevention, suppress those evils in their buds with the

the use of Mineral Waters, in this following method.

First let them apply themselves to some learned able Physician, to have the Humours well prepared, according to the Constitutions of the Bodies; for that maxim *Præmissis universalibus* is always to be regarded. From the omission of this caution do ordinarily proceed all the errors, and ill consequences, which follow the unruly taking of any Mineral Water, though never so good, if you will add the faults of the Patients, and ill Diets, which is the bane of all the ill begun, and worse prosecuted, Cures.

According

According to the natural strength and vigour of the Waters you drink, or the proportion of essential Salt you add to them, so must your Doses be; and this learned by experience the first day.

Never begin to drink till the Sun be a little high, after the drinking of each Glass of half a pint, walk or ride moderately, till the Liquor begins to pass, either by stool or by urine; but those that are not able to perform either of those two exercises, are to be easily agitated in a Coach.

Increase daily by one Glass, till you come to two quarts,
for

for strong and vigorous Bodies, which is the most that any must ascend to. When you are come to the tolerable quantity, stay in it during 8 or 10 days, according as you find your self able. When you are near bidding the Waters farewell, decrease for four or five days, till you come to your first proportion.

All that is to be drunk every day, must be done at the furthest within an hour.

When you walk or otherwise exercise, let it be moderately, resting by intervals, and use not a superfluous toil, which doth not awaken, but rather choak up
Nature,

Nature, and hinders the free Expulsion.

Put off your Dinner till you find that the best part of the Water is past, and to that purpose, when the Waters work only by Urines, as those of *Turbridge*, you must measure your Urine in Glasses of equal dimensions to the former; but where the Waters work both ways, a sign that the most are passed, is when the Urine doth come again to its natural yellow Colour.

Let your Dinner be light, and your Supper lighter, of one or two sorts of Meats, at the most, young, tender,
of

of easie Digestion, and good juicy substance, roasted, and not boiled. No Fruit, no Milk nor Cheese: no Venson, Tarts nor Spices; no Fish. Use well baked White Bread, good middling Beer or Ale, clear, ripe, and well settled, and good French White Wine, or small Rhenish, as Baccarach. All mixtures of Drinks, and adulterated Wines are most dangerous.

You will do well to weigh your selves every morning before you drink, and after, to know what alteration there is made by Stools and Sweats, if you have any.

I forbear mentioning here any digestive Powders, Cordials, or the like, to fortifie the Stomach, because that having a Water sufficiently strong of it self, or made so by the addition of the essential Salt, it has heat sufficient in it self, to assist the Stomach withal.

Now a word to those that use weakly impregnated Waters (for want of better, or not having the essential Martial Salt) for the opening of slight Obstructions, and new found Distempers.

Let them consult their Physicians in order to have such digestive Powders and Cordials

als, in readines, as will best
suit with their Constitutions,
to prevent all inconvenien-
cies.

The ordinary Remedies
are the use of Mace, Carda-
mome, Anise, Fœnel and Ca-
raway Seeds grossly beaten to
powder, and mixed with four
times as much of Loaf-sugar
in powder, of which, they take
half a spoonful after Meal;
this for the digesting Powder.
Their Cordials made of cold
Mint and Balm-water, with a
little Wormwood, Carda-
mome, Hot Waters, and
sweetened with Syrup of
Clove- July- flowers. They
use also to take betwixt each
Pinte Glasses some Anise or
Cara-

Caraway Comfits, Candied
Orange-peels and the like.

The best way of mixtures
or heating of the Waters is
thus. First to mingle with
the first and second Glasse, one
or two spoonful in each of
pure rich Canary, secondly
to have hard by the Well a
Kettle full of Water with Fire
under, to heat it, in which
Kettle put divers Stone Bot-
tles full of the Mineral Wa-
ters taken within the Well,
very well stopped, and when
the Water is moderately
warm; take out of one quart
Bottle but two Glasses at the
most, leaving the sediment
behind. Thirdly, they may
be taken in bed, a little warm,
bearing

bearing upon the Region of the Stomach a Down Pillow; when the whole quantity hath been taken, and by the warmth of the Bed, the Water begins to pass, then the Patient must go to his moderate exercise, of walking, riding on Horseback or in a Coach, according to the strength of the Body and his conveniency.

These and the like miserable shifts are such glad to use, which drink too weakly impregnated Waters.

To drink but few days the Waters of any sort, is to no purpose, the shortest time, if nothing intervenes is one month,

month, if the Waters pass currently, and the Patient find a good effect towards the removal of some old chonical Disease, he may go further. By all means if Rainy weather comes forcibly leave off drinking, except you have at hand some of the essential Salt, to revive the Waters. And from the beginning after three or four days tryal, if the Waters remain in the Body, and are not voided, leave off.

Some persons are costive during the drinking of such Waters, as only purge by Urines; those, if they refuse Clysters, may take every third or fourth day Stomachal purging

ging Pills, a quarter of an hour before Supper, as those *de Ammoniac*, *Mastichinae Fernelii*, *Stomachicarum cum Gummis*, *de Hyera*, or the like.

When arriv'd to the end of this task, to draw out of the Body all that might be lodg'd in the Veins, or elsewhere, one, two, or three Purgations, if needs be, are not to be omitted, which done, nothing remains, but every one to make much of himself, returning little by little to his ordinary manner of life, within the Rules of Art and Moderity.

Now to come to this particular Mineral Water, near

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to

to Chappel-Izard; I say in the first place, that as it is now situated, it is impossible to preserve it long in its *puris naturalibus*, and without some mixtures of common Waters by all the means imaginable. But with care and industry it may be traced unto the foot of the neighbouring Hill, some two or three yards high, from whence undoubtedly it proceeds, and there guarding it round with good strong Clay, then walling it in, and fixing a Bason over its rise, there it may be kept from all dangers, but a suddain fall of Waters, unto which inconveniences all Mineral Waters are liable. But so long as it remains on such a flat bottom, so near to

a running stream, liable to be
 overwhelmed upon every glut
 of Rain, it will never be of any
 significant use, For the Cure
 of many other chronic Diseases,
 though it may succeed with
 some in the opening of these
 recent Obstructions, as yet
 the blood is yellow and
 in For though I deny not but
 that in divers places Mineral
 Springs have been overflowed
 through their proximity to
 Rivers, & low situations, and
 yet presently upon the retreat
 of the floods have remained
 as strong and vigorous as be-
 fore, by reason that the strong-
 ly impregnated Waters have
 kept their Stations, by the
 weight which they received
 from their own Salts, not ad-

mitting, but of a very slight and superficial mixture, with the intruding Liquor; yet when other Waters break under ground in to the course of the Mineral Waters, and so roll together for some space, they are so mixed *per minima*, and so wholly enervated that no good can be expected from them.

Though I am not of a humour to content myself with *Pythagoras* his Scholars bare *Ipse dixit*, yet here I have been forced to take divers things upon trust, through the late accidental weakness of the Mineral Waters near *Chappel-Izard*. But as to what has fallen under my inspection,

on,

on, upon those tryals which I have made, thus much I can say, that when I mixed some Powder of Galls with it in a Glass, it turned purple; adding a little Alum, it turned blackish: Oak-leaves in powder have made it of a *subrusus* brown, which has turned blackish with a little distill'd Vinagre. With Spirit of Harts horn, I caus'd a white separation to be made with some little sulphurious or bituminous Odour, which was reduc'd again to its natural clearness, with some few drops of Oyle of Tartar. With Oak-leaves, or Galls being tinged, some few drops of Oyl of Vitriol have caused a separation of a black sediment.

This Sediment being examined, proves to contain a Vitriolick Salt of Mars, y^e being mixed with equal parts and boyled with Milk makes no alteration. A little being

In the precipitation of it, I have found a suble, Gas or sharp fume to arise somewhat sulphurous, which speaks it to partake also of Sulphur. I

In the Distillation in close Glass vessels, it has afforded a small proportion of this acid wild Spirit, which has been turned red with powder of Galls that were placed in the Receiver, it might be

In the bottom of the Glass-vessel

veffel I found a black sedi-
ment, not much unlike mud,
out of which I have extracted
some few grains of a Vitri-
lick Salt of *Mars*.

All which examinations
and tryals make me con-
clude that this Mineral Wa-
ter is imbued with a slender
proportion of Iron, Vitriol,
Sulphur and Alum; which
answers very properly to its
effects, and to the Soil adja-
cent to it; and it is my opi-
nion that it partakes of Nitre
also, though I found none.

I have been credibly in-
formed, that when it was first
found out, it had over it a ve-
ry thick scum of Rust, which

denoted its passage through
 some Iron Mine, how remote
 from its rise, it matters not.
 It had under that scum, a thin
 skin or film, *Cauda Pavonis*,
 or Rainbow commonly called,
 for the variety of its Colours,
 which it borrowed either
 from the Sulphur of *Mars*, or
 of common Brimstone, which
 last I am more apt to believe,
 because that then it had a
 strong bituminous odour and
 taste.

No great observations can
 be made upon the Soil
 through which it passes; it is
 like unto most of the Earth
 about this place mix'd with
 small pieces of a glittering
 Stone, which, by chewing in
 my

my mouth I scaled so thin,
 that no Talk could be more
 finely split, nor yield a more
 glorious lustre and whiteness;
 this, and some small particu-
 lars of a kind of courser
 Talk, call'd *Lapis Entalis*,
 which *Schroder* mentions, to-
 gether with a common gray-
 ish Sand, and a Dust of the
 same colour, is the compound
 of that Earth nearest to it,
 which would give me occasi-
 on not to despair of finding
 some Aluminous Mine, or
 Talk Veins in the neighbour-
 ing Hills, if some pains were
 taken about it.

The Qualities and Virtues
 of the Minerals wherewith
 this Water is impregnated,
 are these.

D 5

Mars

Mars, or *Iron*, is hot, dry, internally red, it consists of a double *Mercury*, burning and black, of a red *Sulphur* and an impure *Earth*. It is piercing, opening and corroborating; good against all Obstructions, debility of the Stomach, all Fluxes: it is an *Alkali*, therefore a great dulcifier of the Blood, &c.

Vitriol, there are divers sorts, and of various colours; it is commonly white, blue, and green; I have seen some in *Poland* that was yellow, and some red. It abounds in a combustible *Sulphur*, and a corrosive acid; it contains a sweet anodine Oyl, difficult to be had; it is internally red.

red. It is stiptick, emetick, deterfive, hot and drying: it partakes of the virtues of *Mars* and *Venus*; it is good against all Inflammations, especially of the Eyes.

Alum, of Alum there are divers forts also, and divers comprehend Vitriol under the nature of Alum, of which it only differs in a metallick Sulphur; it is void of Tincture. *Paracelsus* does attribute the Names of Salts unto external Ulcers; according to the diversity of the congelations of Salts; if it is a red Ulcer, he calls it Vitriolick: if without redness, aluminous; and because there are divers sorts of Alum in respects of
Tasts,

Tasts, and some that are wholly insipid, as the *Alumen Entalis, plumosum, &c.* There are likewise insipid tuberos Ulcers. It is stiptick, drying, cooling, coagulating, and dissolving; it most powerfully resists putrefactions, precipitates evil Ferments, allays the Inflammations of the Bowels, and stops a Gangraine.

Sulphur, it is called the Rosin, the Lungs of the Earth, the second acting principle, existant in mixt bodies: from it whatsoever is combustibile either liquid or solid is called Sulphur, or sulphurious. There are two sorts, one that is combustibile, and another that is incombustibile. The combustibile

bustible is that which is burnt,
 and yields no smoke, but is
 inflamable: The incombusti-
 ble yields no flame, but re-
 mains fix and permanent:
 Sulphur is found either coa-
 gulated, or liquid, in the form
 of a Bitumen; as it is found
 in the Mines before it is sepa-
 rated by fusion from its earth
 it is called, *Living*. It differs
 from Vitriol only in the exter-
 nal form, and each may easily
 be transform'd into the other;
 therefore they have much the
 same qualities and virtues, on-
 ly this last is more inflamable,
 and a particular friend to the
 Lungs.

Thus much as to the Na-
 ture of those Minerals that
 have

have embued these Waters,
 from whence may be gather-
 ed the reasons why it cures
 recent Obstructions, cleanseth
 the Reins, Urters, and Blad-
 der: aids Dropical persons,
 eases the pains of the Gout
 and Rheumatism, procures an
 Appetite, fortifies the tone of
 the Stomach, and corrobora-
 tes the Visceras.

Now as to this essential
 Variolick Salt of Mars which
 I have mentioned, to be used
 to add strength and energy
 to those Waters that are but
 superficially embued with Mi-
 neral tinctures; it may seem
 strange to some persons, and
 I expect that some will be
 found amongst the ignorant
 mobile

mobile, that will deride my Proposition; but *Non obla-*
trantes caniculos cum contemptu
praeterebo. I address my self
to the learned only, and to
them I further add, that be-
sides the Extraction of this
essential Salt from Mineral
Waters, and the rejoyning of
it to others of the same na-
ture, or to its former Vehicle,
in a larger proportion then
before. I say, that of late
days all Mineral Waters, ei-
ther for drinking or bathing,
have been by some ingenious
Artists so exactly imitated, af-
ter some Philosophical Specu-
lations used on the Natures
of the natural Springs; nay,
I may say, outdone, that by
those factitious Mineral Wa-
ters

ters, as great Cures have been performed, in the Patients particular habitations, as any have been by the natural Springs upon the place; and what is more, the Artificial Baths brought to those several degrees of heat, as the natural ones have at the Baths, without the aid or assistance of any culinary fire; to which have been added all the other accidents, of Odours, Tasts, Colours, and of Tinging Silver into a curious Solar tincture. All which things were once pretended to, at the place which goes under the notion of the *Dukes Balneo in Longacre, London*: But how performed, I leave to all ingenious persons to judge, that

that have used those Baths,
 and drank of that Water.
 The Art of Chymy has a
 multitude of Well-wishers, as
 many pretenders to, and more
 that court her designedly:
But ex quovis Ligno, non fit
Mercurius. There are but
 few that make use of those
 two things which Galen rec-
 kons as necessary concurrants
 to the attaining the perfect
 Knowledge of Arts and Sci-
 ences, or the nature of any
 simple Medicine, viz. Expe-
 rience and Reason, from
 which there arose in his time
 two Sects of Physicians, the
 one called Empiricks, the o-
 thers Methodists. The Em-
 pirick did only observe the
 Operations and Effects of
 Medi-

Medicines, and never troubled themselves concerning their Natures, or the reasons of those effects, but used all Medicaments promiscuously, to the prejudice of many. The Methodists, were not satisfied with the bare finding out of the Virtues of Medicaments, but added to the ~~OTI~~ the ~~AL OTI~~, diving into the Nature of the same. These he termed the two Legs of a true Physician, upon which he would have him to stand and walk.

It is an easie matter to pretend to things, and after the picking here and there some mouldy Receipts, and Terms of Art, to cant, especially in Chymy,

Chymy, before the unthinking multitude, but first to entertain Philosophical Notions, and then to reduce them unto Mechanical real Demonstrations, belongs but to a few. And now that my Reader may not put me in the number of the great Talkers and little Doers, as to what I have in this Discourse proposed, I offer to produce, after a month or six weeks time, sufficient quantity of the Essential Vitriolick Salt of *Mars*, extracted from Mineral Waters, to supply this City, every season of drinking the Waters, or all the year long, at the same reasonable Rates that any true and genuine Essential Salt of *Mars* can be prepared.

I could make larger prof-
 fers yet; but I forbear, lest it
 should be thought I were by-
 assed by Interest, or blown up
 with Ostentation. The curi-
 ous learned I shall ever be
 ready to serve, in giving them
 all the satisfactory Demon-
 strations that I can possible,
 in every particular which
 I have mentioned in this Dis-
 course, or in any thing else
 that I am capable. Mean
 time, if they please to spend
 som hours in the Tryals of
 such Chymical Preparations
 as I have faithfully delivered
 to the publick in my *Intru-
 duction to the French Author,*
 in a Treatise, called, *A new
 Mystery in Physick, discovered
 by Curing of Feavers and A-
 gues*

gues with the Jesuits Powder,
 printed for William Crook, at
 the Green Dragon without
 Temple-Bar, 1681. There
 they will find, wherewith to
 satisfie their Curiosity, all
 they command me further.

*In meliorem partem interpre-
 tari debemus quæ vobis du-
 bia sunt.*

POST.

POSTSCRIPT.

I Had but just ended
this precedent Dis-
course, when word
was brought me, of a
new *Mineral* Spring
found, in the Road that
leads to the first, near
the Gate ; I immedi-
ately went to examine
it upon the place, and
caused some of the Wa-
ter to be brought home
to me for further inspe-
ction. But after all sorts
of

of Experiments, I found
these last much less im-
pregnated then the o-
thers, though they par-
ticipate of the same
Minerals with the first.

In both a Vitriolick
Salt of Mars predomi-
nates; they have so
weake a tincture of A-
dam, that neither of them
has the power to turn
Milk, though for a long
time boyled together
in equal proportions,
which speaks these Wa-
ters

ters to be *Alkalies*, and consequently dulcifiers of Acids.

This last found Spring has, within less then a foot of it, another of fresh common Water, which peradventure does commix with it, and may be the cause of its weakness; and in my opinion, neither of these Waters can last long untainted, except care be taken to trace them, on some more eminent

eminent ground, where they may be secured from the insultations of violent Rains; Flouds, and Springs of common Waters.

To conclude, considering the visible decay of either of these Waters, though removed but to the City from their Springs, especially the last, which would scarce afford any Tincture at all with Galls, it were very requisite that

E

these

these Waters should be drank upon the place. To which purpose I could wish there were better Accomodations and Conveniencies, suitable to the occasions of the more modest of the modest Sex.

To this purpose, if Rows of Tents were pitched on each side of the Green, proportionable to the concourse of people, and a large Walk left between, it would

would supply in some measure the natural conveniences, which a multitude of Shrubs & Bushes, besides some winding Dales betwixt close Hills, in other places of the like resort, do afford.

To which might be added, according to the laudable custom of Foreign Nations (which has been taken up of late in some parts of *England* also) the diversifisement

rishment of Musick,
 Bowling, Pins, Lotte-
 rido, Shooting, or any
 other pastimes to dis-
 engage the Mind from too
 serious or melancholick
 thoughts in all those

ces of the like re-
 lator
*Ut sit Mens sana in Cor-
 pore sano.*

To which might be
 added, according to the
 laudable custom of For-
 eign Nations **§ 4 N 4 9.** which
 has been taken up of
 late in some parts of
 England also) the diver-
 sement